

Nutrition for a Healthy Pregnancy

Julie Wilson RD LDN
Community Dietitian

Outline

- Steps to a healthy pregnancy
- Balanced nutrition
- Appropriate weight gain
- Managing side effects



Important steps to a healthy pregnancy

- Eat a balanced diet
- Gain the right amount of weight
- Enjoy regular physical activity
- Take a vitamin and mineral supplement
- Avoid alcohol, tobacco, drugs, and other harmful substances

What is a balanced diet?

- A healthy diet for a pregnant woman is no different than a healthy diet for all women.
 - Eat a variety of **whole grains, fruits, vegetables, lean protein, low-fat dairy, and healthful fats.**
 - Avoid extra calories from added sugar and fats, which can lead to unhealthy weight gain.
 - Cut down on foods like regular soda, sweets and fried snacks.



3 servings
per day



Lean Protein

Comes from Animals...

- Chicken
- Beef
- Turkey
- Fish
- Pork
- Seafood
- Eggs

...and Plants!

- Important for growth
- Need an additional 25 grams of protein per day during pregnancy
- 75 grams total per day

- Beans, peas, lentils
- Seeds (sunflower, flax, pumpkin)
- Nuts & nut butters
- Soy (hummus, edamame, tofu, vegetarian “meats”)

Do I get enough protein?

- Most people in the US eat more than enough protein each day.
- For example, if your daily food intake included:

2 scrambled eggs	12g
Ham and cheese sandwich	30g
1 chicken breast	25g
3 glasses of milk	24g

Total: 91 g of Protein

(You need about 75 g of Protein)

Can I eat seafood while pregnant?

- High amounts of mercury in fish may effect baby's development.
- Pregnant women should eat no more than 12 ounces of fish per week.

Hint: 3 oz fish is about the size of a checkbook



AVOID high-mercury seafood such as:

- Shark
- Swordfish
- King Mackerel
- Tilefish



CHOOSE low-mercury fish such as:

- Shrimp
- Salmon
- Pollack
- Catfish



Is canned tuna safe for pregnant women?



Recommendations for tuna consumption for pregnant women

- Do not eat more than 6 ounces of canned solid albacore tuna per week
- You can safely eat up to 12 ounces of canned chunk light tuna per week



Good source of
calcium and protein!

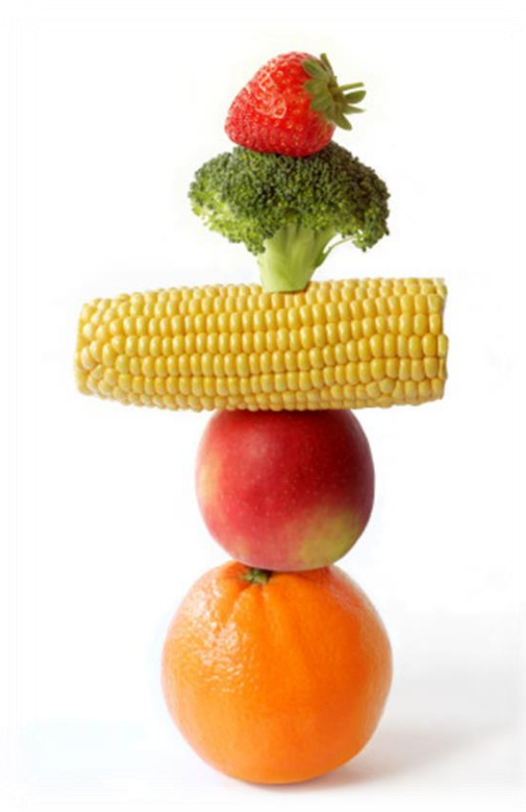


Low-Fat Dairy

- Milk
- Yogurt
- Cheese
- Cottage Cheese
- Milk-based Desserts
 - Ice Cream
 - Frozen Yogurt
 - Pudding made from milk

3 – 4 servings
per day

5 – 9 servings
each day



Fruits & Vegetables

- Fruit
 - Fresh
 - Frozen
 - Canned
 - Dried
- Vegetables
 - Fresh
 - Frozen
 - Canned
- 100% fruit juice
- Vegetable juice

Consume a variety of fruits and vegetables to get a variety of vitamins and nutrients!



Whole Grains

- Bread
- Tortillas
- Pasta
- Cereal
- Oatmeal
- Grits
- Rice
- Crackers
- Corn
- Couscous
- Quinoa

Whole grains contain fiber, protein, and essential minerals. They also are a major source of **ENERGY**.

9 servings
per day



Healthy fats are important for baby's brain development and mom's heart.

Healthy Fats

- Almonds
- Walnuts
- Avocados
- Low-mercury fish
- Olive Oil
- Fortified tub margarines (look for added omega-3 or olive oil)
- Peanut butter
- Ground flax seed

2 servings
per day

How much weight
should I gain during
pregnancy?



Women with a normal pre-pregnancy weight should gain 25-35 pounds.

What if I was...

- *Underweight*: 28 to 40 pounds
- *Overweight*: 15 to 25 pounds
- *Obese*: 11 to 20 pounds.



*How does it
add up?*

- 1st Trimester = 2-4 pounds
- 2nd Trimester = 11-15 pounds
- 3rd Trimester = 11-15 pounds

Does that mean I can eat for two?



MOM



Developing Baby

Does that mean I can eat for two?

NO!



- If you “eat for two” you will gain too much weight, put your baby at risk for developing health problems later in life, and increase your risk for pregnancy complications.
- In addition, it will be harder to return to your pre-pregnancy weight after delivery.

How much more do you need to eat each day?

- Most women pre-pregnancy need 1800-2000 calories per day.

Once you become pregnant...

- 1st Trimester – Add 0 calories
- 2nd Trimester – Add 350 calories per day
- 3rd Trimester – Add 450 calories per day

How much food is 350 calories?

Each of these meals provide 350 calories:

1 cup of low-fat milk
2 Tbsp. peanut butter
1 medium apple, sliced

1 container of low-fat yogurt
1 cup of fruit
1/2 cup granola

3 oz canned tuna w/ 1/2
tbsp mayo
12 wheat thin crackers
1/2 cup carrot sticks
1/2 cup grapes

1 McDonald's
Cheeseburger

Smoothie w/ 6 oz low-fat
yogurt, 1/2 banana, 1 Tbs
peanut butter, and 1/2 c
low-fat milk

1 whole grain pita (6")
3 T hummus
1 sliced bell pepper

How much food is 450 calories?

Each of these meals provide 450 calories:

Wendy's berry almond
chicken salad

Quesadilla w/ black
beans, cheese, tomato
and avocado.

1 plain Subway 6-inch
turkey or ham sandwich
w/ veggies and cheese

Garlic-Basil Shrimp & Zucchini Pasta

1 cup whole-wheat pasta noodles
3 ounces frozen precooked shrimp, thawed
1 cup chopped zucchini
2 tablespoons chopped fresh basil
2 garlic cloves, minced
1 tablespoon olive oil

Make it: Cook pasta.
Mix hot noodles with remaining ingredients.

Grilled cheese sandwich
on whole grain toast
1 1/2 cup vegetable soup

Fluids

- Water
- Milk
- 100% fruit juice
- Non-caffeinated tea
- Other non-caffeinated, nonalcoholic beverages



Physical Activity

- 30 minutes per day most days of the week

Benefits for pregnant women:

- Increases your strength for labor
- Helps manage weight gain
- Makes losing weight after delivery easier
- Relieves stress
- Boosts mood

Important Minerals for Mom and Baby

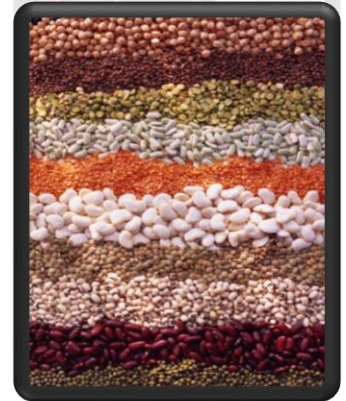
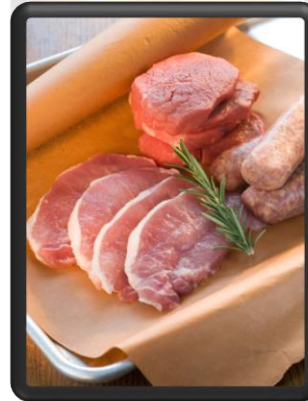
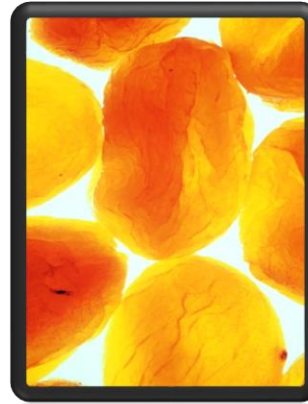
- Iron
- Folic Acid
- Calcium



Iron

- During pregnancy, the amount of blood in your body increases by 50%.
- Iron is necessary to build the blood supply.
- Need **27 mg per day**.

Iron-rich foods: Beef, Pork, Poultry, Organ meats, Whole-grain breads and cereals (fortified with iron), Dark green vegetables, Beans/Lentils, and Dried Fruits.

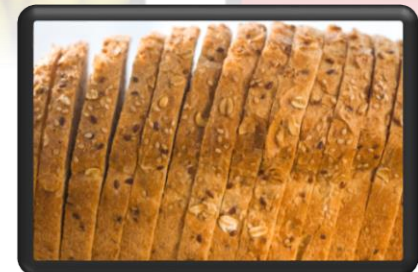
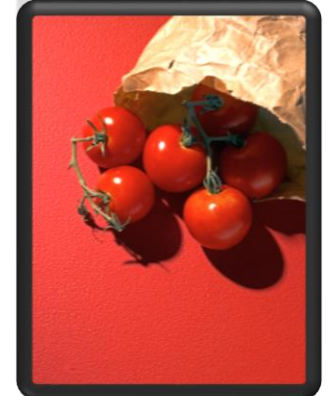
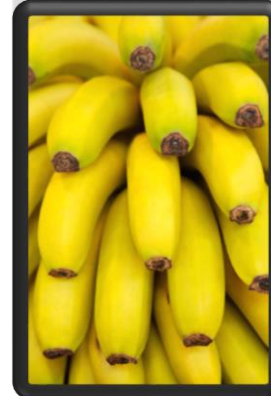
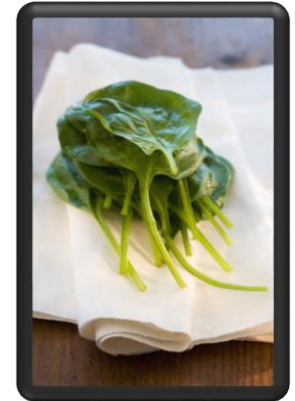


Pair with vitamin C
for better absorption!

Folic Acid

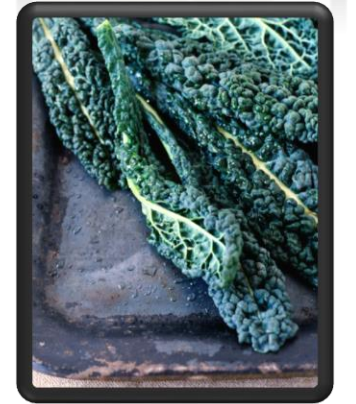
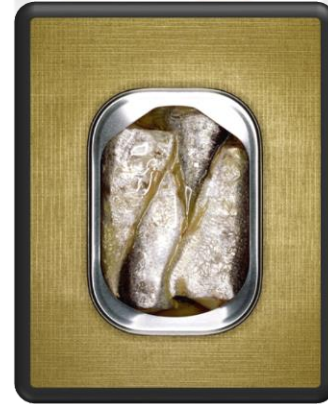
- Necessary for the development of baby's nervous system.
- Adequate intake necessary to prevent many birth defects.
- Need **600 mcg per day**.

Folic acid is found in: Beans/ Lentils, Oranges, Grapefruit, Bananas, Cantaloupe, Tomatoes, and Fortified cereals, pastas, and breads.



Calcium

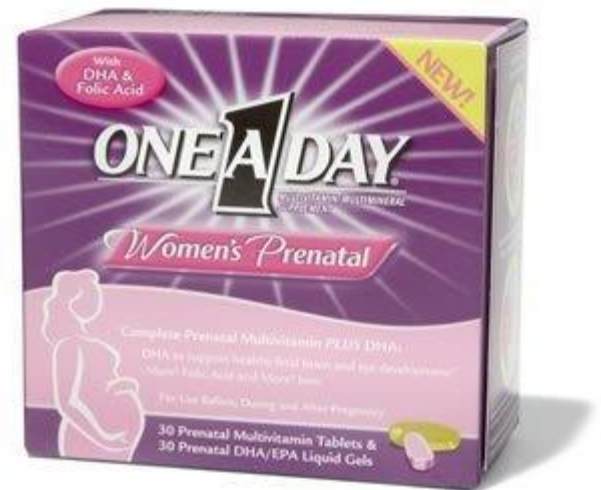
- Necessary for development of baby's teeth, bones, heart, nerves, and muscles.
- Baby will take calcium from mom's bones if mom does not take in enough calcium.
- Need **1000 mg per day**.



Calcium is found in: All dairy foods (milk, yogurt, cheese), Canned salmon or sardines (soft bones), Calcium-fortified soymilk or rice milk, Calcium-fortified juice, Calcium-fortified cereal, Dark-green vegetables, and Beans.

Pre-natal Vitamins

- If your doctor has not already given you a prescription for pre-natal vitamins, ask for one today!
- Generic brands are covered by insurance and Illinois Medicaid.
- All women infected with should take a pre-natal multivitamin.



Food Borne Illness



*You are at
increased risk!*

Food Safety Practices

- Wash hands with warm soapy water for 15 seconds before & after preparing food.
- Dry hands with clean towel.
- Do not eat undercooked foods.
- Reheat all foods to 165°F and hold for 15 seconds.
- Do not leave food out for more than 30 minutes.
- Throw out refrigerated leftovers after 3 days.



AVOID these foods

- Rare, raw or undercooked meats, poultry, fish, or shellfish
- Smoked seafood
- Unpasteurized dairy products
- Some fresh soft cheeses
- Raw or undercooked egg (and foods that contain them).
- Raw sprouts
- Deli salads
- Unpasteurized fruit juices
- Refrigerated meat spreads
- Cold hotdogs or deli meats
- Expired foods

Challenges to eating healthy while pregnant

- Nausea
- Constipation
- Heartburn / Indigestion

Nausea

- Eat small, more frequent meals. Try not to go long periods without eating – an empty stomach may actually make nausea worse
- Eat slowly
- Eat baked, toasted, or grilled foods rather than fried, greasy foods

Nausea

- Limit food aromas by opening a window and preparing bland foods (such as baked skinless chicken)
- Snack on soda crackers, pretzels, or toast
- Try cold or room-temperature foods. Hot foods with strong aromas may make nausea worse

Nausea

- Sip fluids throughout the day to prevent dehydration, which can make nausea worse
- Ginger ale or ginger tea can help reduce nausea

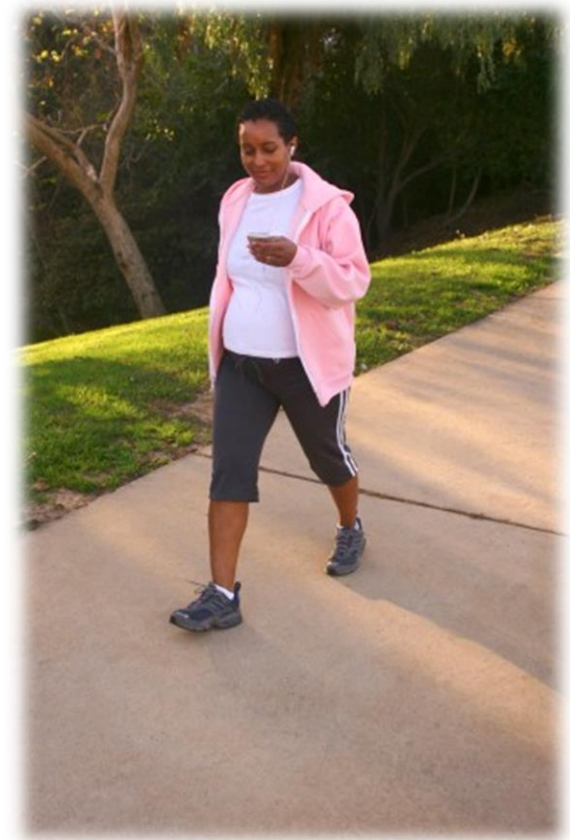


Constipation

- Drink more fluids, especially water.
- Eat prunes or drink prune juice.
- Eat more fiber, especially “roughage” fiber such as: beans, peas, lentils, fruit (with skin), raw vegetables, whole grain bread, whole grain and bran cereals

Constipation

- Increase your fiber and fluid intake gradually
- Increase activity
 - Take a walk
 - Walk in place while watching TV
 - (always check with your doctor before starting an exercise program)



Heartburn / Indigestion

- Stay upright after eating. Do not lie down for two hours after eating
- Eat small, frequent meals (eat every 2-3 hours)
- Eat slowly
- Eat baked, broiled, or grilled foods
- Avoid greasy or fried foods
- Avoid spicy foods
- Avoid caffeine
- Avoid acidic fruits or juices (orange, pineapple, tomato)

Nutrition Resources

- **www.dhs.state.il.us**
 - SNAP (food stamps)
 - Temporary Assistance for Needy Families (TANF)
 - Women Infants and Children (WIC)
 - Emergency Food
-  **Grocery Program**
 - (773) 826-7066

QUESTIONS?

Julie Wilson RD LDN

5543 N Broadway

Chicago, IL 60640

(773) 271-5163

jawilson@heartlandalliance.org